Binge Drinking is Dangerous and Costly

ccording to the Centers for Disease Control and Prevention (CDC), binge drinking occurs when a man consumes five or more drinks or a woman consumes four or more drinks in a short period of time. Because women metabolize alcohol less efficiently than men and usually have less body mass, they become more intoxicated with a comparable number of drinks. *

(One drink is generally calculated as a 12 oz. bottle of beer or wine cooler, a 5 oz. glass of wine or 1.5 oz. of 80-proof distilled spirits.)

More than 38 million US adults binge drink, and do so about 4 times a month. (1 in 6)*

- Binge drinking is about more than just the number of binge drinkers. The amount and number of times binge drinkers drink are also important to address.
- Age group with most binge drinkers: 18-34 years*
- Age group that binge drinks most often: 65+ years*
- Income group with most binge drinkers: more than \$75,000*
- Income group that binge drinks the most often and drinks most per binge: less than \$25,000*
- Most alcohol-impaired drivers binge drink.
- Most people who binge drink are not alcohol dependent or alcoholics.
- More than half of the alcohol adults drink is while binge drinking.
- More than 90% of the alcohol youth drink is while binge drinking.



Binge drinking costs everyone. *



- Drinking too much, including binge drinking, cost \$746 per person, or \$1.90 a drink, in the US in 2006. These costs include health care expenses, crime, and lost productivity.
- Binge drinking cost federal, state, and local governments about 62 cents per drink in 2006, while federal and state income from taxes on alcohol totaled only about 12 cents per drink.
- Drinking too much contributes to over 54 different injuries and diseases, including car crashes, violence, and sexually-transmitted diseases.
- The chance of getting sick and dying from alcohol problems increases significantly for those who binge drink more often and drink more when they do.

Signs of ALCOHOL POISONING

Icohol poisoning occurs when the alcohol content in a person's blood increases to the point where it slows down the normal functioning of the brain and how it communicates with other parts of the body. *

For example, a fatal dose of alcohol can stop the brain's ability to control involuntary actions, such as breathing and the gag reflex (which prevents choking). With the absence of these vital functions, a drunk person who passes out can choke on their own vomit and die.

Signs of alcohol poisoning: A person experiencing alcohol poisoning may display the following signs and symptoms:



- Mental confusion, slurred speech, or unconsciousness
- Inability to be woken up
- Absence of reflexes
- Continuous or excessive vomiting
- Seizures
- Slow, shallow, or irregular breathing

• Low body temperature, paleness, or bluish skin color

What you can do to help: If you believe that a person may be suffering from alcohol poisoning, you can help in the following ways:

- Know and recognize the danger signs and symptoms.
- Take action immediately.
- Be aware that a person who has passed out could die.
- Don't leave the person unattended.
- Try to keep the person awake.
- Sit the person up, or roll them on his/her side to prevent choking on vomit.
- Call 911. Don't attempt to treat the person yourself.
- Monitor the person's pulse and breathing until the ambulance arrives.
- If trained, perform CPR if necessary.
- Remember, a person with alcohol poisoning can't just sleep it off!

*according to the CDC (www.cdc.gov)

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